

Introducing the Rotary Shot

Introduction:

- a) Pat Kostecka-Chewelah 23 yrs/Drew Ulrick Ranked 7th USA
Coaching is way more than getting athletes to be better at the sport we coach. It has always been a passion of mine to help athletes believe in themselves and to watch them mature as young adults. Throwing in many ways is like life. There are lots of mountains to climb and valleys to cross. The reward is when you see that smile on their faces that say "I feel good about me". Whether a state champion or a 20' thrower the smile is the same.
- b) Topic today is how to begin teaching the rotary shot put and who should you teach it to. Is it for everyone? We will talk about proper technique. We will break the throw down into three parts: Start, Middle, and Finish.
- c) Then we will address common problems with new throwers.
- d) Question and answer time.

Who should learn the rotary shot put throw:

- a) I have had a great success teaching athletes who could play basketball. Why? Because they understand rhythm. It isn't easy to rotate a 12 pound ball around an axis with balance and grace. Are basketball players the only ones? No. I like teaching it to anyone who can make their body go in many directions with grace and speed. There is just too much balance and athleticism involved for just anyone to do it.

- b) It is very common to go back and forth with the rotary and lineal approaches until the athlete permanently switches to rotary.**

The Start: Very common to the discus but with a ring 1 ft shorter.

- a) Turn left side and getting to the corner (shifting left). Ball nicely fixed in place.**
- b) Wide right leg. The leg is way more outside the ring to keep the thrower from using too much of the ring in the first turn.**
- c) Right foot stays close to the ground.**
- d) Left arm control. This has to shift left and be wide for control.**
- e) Controlled head. Keep it in place. It stays with your chest.**

Drills: balance 90-180-360.

Cone drill

Middle of the Ring:

- a) Get off left foot when right foot passes it while keeping right peck back.**
- b) Slow left side rotation by keeping ball back and left shoulder from turning.**
- c) Hips must rotate while the left foot and left knee are moving quickly to the standing position.**

Drills: 180 degree down line drill, pause, then left leg through.

Same drill without pause.

Same drill continuous for three full turns.

Left leg drill. Weight on right leg. Continuous 180.

Same Left leg drill but weight back on left leg.

Fast feet line drills.

Finishing the throw:

- a) Both legs bent.**
- b) Relaxed throwing arm.**
- c) Right foot, knee, and hip turn on a dime.**
- d) Left arm blocks.**
- e) Turn body up and through the throw. It is critical that we attack out after the throw. You take a rotary throw and finish it like a lineal throw.**
- f) Flick your wrist and switch the feet.**

Drills: Flick drill.

Switch drill.

Save it drill.

Up and over drill.

Save it drill.

Finish problems and how to diagnose point of origin.

- a) Shot too low.**
- b) Shot too high.**
- c) Shot goes right.**
- d) Shot goes left.**
- e) Comes off of hand funny.**

How practice is organized on a daily routine.

- a) Warm up jog.**
- b) Complete stretching active and static.**
- c) Sprints every day. Usually 6-8 at 50-75 meters.**

- d) Standing throws.**
- e) Left leg through throws.**
- f) Rotary South African Throws.**
- g) Full Throws.**

Question and Answer Time: